

COEDUCATIONAL TRACK AND FIELD

Revised: **March 2026**

1.0 DATE

The WOSSAA Track and Field Championship shall be held at least seven days before the OFSAA West Regionals. It shall be a two-day meet.

2.0 LOCATION

The location of the Championship shall be determined by that year's WOSSAA Convenor. The Convenorship shall follow a rotation as indicated in the Rotating Calendar of Convenorships (see website).

3.0 CLASSIFICATIONS

3.1 Competition shall be conducted in three age classifications as outlined in the OFSAA Age Policy:

Senior The individual's birthday indicates that they have not reached their 19th birthday by January 1st prior to the start of the school year in which the competition is held.

Junior The individual's birthday indicates that they have not reached their 15th birthday by January 1st prior to the start of the school year in which the competition is held.

Novice The individual's birthday indicates that they have not reached their 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only.

3.2 **Para** Shall run as separate classifications as per WOSSAA T+F Playing Regulation 4.3.

4.0 EVENTS

4.1 Girls' Events – Novice, Junior, Senior

100 metres	High Jump
200 metres	Pole Vault
400 metres	Long Jump
800 metres	Triple Jump
1500 metres	Discus - 1 kg
3000 metres	Javelin 600 g
80 metre hurdles (Novice & Junior 30")	Shot: 3 kg (Novice & Junior)
100 metre hurdles (Senior 30")	Shot: 4 kg (Senior)
300 metre hurdles (Novice & Junior 30")	
400 metre hurdles (Senior 30")	
4 x 100 metre Relays	
4 x 400 metre Relay (Open, Mixed)	
2000 metres Steeplechase (Open 30")	

4.2 Boys' Events - Novice, Junior, Senior

100 metres	High Jump
200 metres	Pole Vault
400 metres	Long Jump
800 metres	Triple Jump
1500 metres	Shot: 4 kg OR 8 lb 13 oz (Novice/Junior)
3000 metres	Shot: 5.443 kg OR 12 lb (Senior)
100 metre hurdles (Novice 33"/Junior 36")	Discus: 1 kg (Novice/Junior)
110 metre hurdles (Senior 36")	Discus: 1.60 kg OR 3 lb 9 oz (Senior)
300 metre hurdles (Novice & Junior 33")	Javelin: 600 g (Novice/Junior)
400 metre hurdles (Senior 36")	Javelin: 800 g (Senior)
4 x 100 metre Relays	
4 x 400 metre Relay (Open, Mixed)	
2000 metres Steeplechase (Open 36")	

4.3 Para Events

Ambulatory

Athletes with a physical impairment that compete standing. A variety of conditions may be considered in this category, including but not limited to:

- a) **Neurological Impairments** (CP, traumatic brain injury, stroke, neuromuscular conditions)
- b) **Limb Deficiencies & Impairments** (upper, lower, clubbed feet) and Dwarfism that influence athletic performance.

V.I (Visually Impaired)

Athletes with visual impairment (no vision, limited vision, or very limited vision) that influence athletic performance.

I.I (Intellectually Impaired)

Athletes with cognitive impairments that influence athletic performance.

Race	Age Group	Classification	Event	Age Group	Classification
100m	OG/OB	V.I.	Shot Put	OG/OB	V.I.
100m	OG/OB	I.I.	Shot Put	OG/OB	I.I.
100m	OG/OB	Ambulatory	Shot Put	OG/OB	Ambulatory
200m	OG/OB	Seated	Shot Put	OG/OB	Seated
800m	OG/OB	V.I.			
800m	OG/OB	I.I.			
800m	OG/OB	Ambulatory			

- a) In all Para track events requiring lanes, semifinal heats will be scheduled and seeded accordingly to advance to the final. The Para 800m races will use a 'waterfall' start.
- b) Where eight (8) or fewer competitors are entered, the semifinal race will be run as a timed final. This timed section FINAL will be run at the scheduled FINALS time.
- c) If two (2) or more heats have been seeded for the semifinals and eight (8) or fewer athletes show up for the event, the meet convenor and the Head Track Referee may choose to combine the heats of the semifinals and run that race as a TIMED SECTION FINAL at the semifinal time. Athletes and coaches will be notified before the start of the race.
- d) In V.I. races, there will be an allowance for an athlete who requires a guide (thus 2 lanes). V.I. athletes must be tethered to their guide. Guides will be given the same medals earned by their athletes.
- e) Para shot put will be a standing event in V.I., I.I., and Ambulatory classifications. There will also be a seated shot put (wheelchair) category for those athletes in a wheelchair. Shot put weights are 3 kg (girls) and 4kg (boys)
- f) Para seated (wheelchair) participants MUST wear a helmet with a hard protective shell that meets international safety standards.

4.4 The WOSSAA Convenor shall develop a schedule of events approved by the WOSSAA Executive Director and it shall be sent to all Conferences at least one month prior to the meet (see Appendix A). The WOSSAA Convenor is also responsible for obtaining electronic timing for the meet.

4.5 The definition of a Conference shall be: TVRA and Huron Perth.

4.6 The assigning of duties/responsibilities for WOSSAA Track and Field shall be done by proportion with the ratio of 4:1 (TVRA:HPAA).

- 4.7 The WOSSAA Convenor shall designate someone as the Entries Chairperson, who shall plan the technical organization of the competition. He/she shall be responsible for:
- a) collecting all the entries to the meet
 - b) seeding the meet
 - c) collecting the full results for each event
 - d) recording the results by ensuring that the full results of each event are entered into the computer system
 - e) posting all results after each event is completed
 - f) creating and submitting the entry file of all qualifiers to the OFSAA West Regional meet

5.0 ENTRY AND ENTRY FEES

- 5.1 TVRA may enter 12 competitors, and Huron Perth may enter 4 competitors in each event.
- 5.2 A competitor may enter three individual events. In addition, a competitor may enter one age class relay and one open relay.
- 5.3 All entries must be submitted with the competitor's best time in that event, from the Conference meet.
- 5.4 All schools will pay an entry fee. The amount of the entry fee will be set by the WOSSAA Convenor and will be sufficient to cover the fixed costs of the Championship.
- 5.5 It is the responsibility of Conference Convenor to communicate the WOSSAA representatives to the WOSSAA Convenor after the Conference Championship, no later than the next school day.
- 5.6 All finalists, in order to qualify for WOSSAA, must have successfully completed a preliminary race (ie: no scratching or no show). Any athlete who scratches or does not show for a final at their Conference meet shall not be eligible for WOSSAA in that particular event.
- 5.7 **Scratch Rule**
- a) Entry scratches shall be accepted at the discretion of the Entries Chairperson and up until the scratch deadline set by the WOSSAA Convenor.
 - b) Any competitor scratching from an event during the meet shall be ineligible for individual competition for the remainder of that day of competition.
 - c) Appeals may be made to the WOSSAA Convenor of the meet through their head coach prior to the event.
- 5.8 Conference meet results and entries to WOSSAA are to use compatible computer programs (Hy-Tek Meet Manager).

6.0 ELIGIBILITY

- 6.1 As per WOSSAA Regulation 3.
- 6.2 **Rowan's Law**
- a) In accordance with Rowan's Law, confirm in writing, that student athletes and their parent/guardian (if student athlete is under 18 years of age) have reviewed their Board's concussion awareness resource and concussion code of conduct within the previous twelve (12) months OR that the student athlete and their parent/guardian (if student athlete is under 18 years of age) have reviewed the OFSAA concussion awareness resource and OFSAA concussion code of conduct within the previous twelve (12) months.
 - b) In accordance with Rowan's Law, all coaches and trainers confirm in writing, that they have reviewed their Board's concussion awareness resource and their Board's concussion code of conduct within the previous twelve (12) months OR that they have reviewed the OFSAA concussion awareness resource and OFSAA concussion code of conduct within the previous twelve (12) months.
- 6.3 A competitor must compete in the same division in WOSSAA as in the Conference meet with the exception of relay runners who may compete in an older age class relay than at the Conference meet. Relay teams qualify as a school. The runner's names must be on the Conference eligibility lists.

7.0 RULES AND OFFICIALS

- 7.1 The meet shall be conducted according to the current official rules of the IAAF with amendments outlined as per OFSAA Track & Field playing regulations. (eg. false start rule)
- 7.2 A Jury of Appeal shall be appointed, consisting of 3 teacher coaches from different Conferences, with the WOSSAA Convenor (or their designate) as the non-voting Chairperson. Members of the Jury of Appeal must not have any conflict of interest relevant to the incident under protest. A protest must be submitted in writing within thirty minutes of the incident which is being protested. The Jury of Appeal shall handle all protests and any disputes which do not fall within the jurisdiction of the officials.
- 7.3 In the event that electronic timing systems are not available, hand timing may be used. In track events, all handheld times will be recorded to the nearest hundredth of a second. For record purposes only, the handheld time will be rounded to the nearest tenth. For example, a time of 20.81 would be rounded to the next slowest tenth 20.9. A time of 20.86 would also be rounded to 20.9.
- 7.4 In track events on an 8-lane track, with 2 heats the 1st and 2nd place winners of each heat and the next 4 best times, will advance to the final. In track events on a 6-lane track with 3 heats, the first-place finisher in each heat plus the next 3 fastest times qualify for the final. In the event of a tie for the final position with identical times, a run-off will be administered by the track referee.
- 7.5 In track events with timed finals, the top seeded entries will be placed in the same section, which will be the last of the timed sections. The final placings will be decided from the times recorded in the timed sections. In the event of a tie for the final qualifying spot in the OFSAA West Regional, a runoff will be administered by the track referee.
- 7.6 **Seeding - Ranking and Composition of Heats**
- a) Seeding will be done in order to spread the fastest qualifying times evenly throughout the heats and shall be done randomly in lane designated events from lanes one to eight on an 8-lane track, and lanes one to six on a 6-lane track.
 - b) Whenever possible, athletes from the same team shall be placed in different heats in all preliminary rounds of the competition. The required exchanges of athletes between heats should, to the extent possible, be made between athletes of similar ranking.
 - c) For the first round, the athletes shall be placed in heats using the zigzag distribution with the seeding determined from times submitted by their Conference entries.
 - i) two heats on an 8-lane track will consist of the following seedings:
A 1 4 5 8 9 12 13 16
B 2 3 6 7 10 11 14 15
 - ii) three heats on a 6-lane track will consist of the following seedings:
A 1 6 7 12 13
B 2 5 8 11 14
C 3 4 9 10 15 16
 - d) After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:
 - i) For events with two (2) rounds, seeding in the second round (finals) shall be based upon placings and times from the first round (heats). For this purpose, athletes shall be ranked as follows:
 - a. In track events on an 8-lane track:
Fastest heat winner
2nd fastest heat winner
Fastest 2nd place
2nd fastest 2nd place
(Concluding with)
Fastest time qualifier
2nd fastest time qualifier
3rd fastest time qualifier
4th fastest time qualifier
 - b. In track events on a 6-lane track:
Fastest heat winner
2nd fastest heat winner
3rd fastest heat winner
(Concluding with)
Fastest time qualifier
2nd fastest time qualifier
3rd fastest time qualifier

- ii) The order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

e) Draw for Lanes

For events where there is more than one round of a race, lanes will be drawn as follows:

- i) In the first round (heats) the lane order shall be drawn by lot.
- ii) For the following rounds (finals), two (2) free draws shall be made to determine lane assignments. On an 8-lane track: the four (4) top seeds in a heat shall draw for placement in lanes 3, 4, 5 and 6; and the remaining four (4) seeds shall draw for placement in lanes 1, 2, 7 and 8. On a 6-lane track: the three (3) top seeds in a heat shall draw for placement in lanes 2, 3 and 4; and the remaining three (3) seeds shall draw for placement in lanes 1, 5 and 6.

7.7 Single Rounds (Timed Finals)

- a) The top two (2) seeds shall be the winners of the two (2) Conference meets.
- b) In track events with timed finals, the athletes shall be placed in heats with the top seeds in the same heat, and the next best seeds in subsequent heats. The seeding will be determined from times submitted by their Conference entries. For example, in the 400m race on an 8-lane track, the top eight (8) seeds would be in the same heat, and the next eight (8) best seeds would be in the same heat, and so on.
 - i) Two heats on an 8-lane track will consist of the following seedings:
A 1 2 3 4 5 6 7 8
B 9 10 11 12 13 14 15 16
In the case of a 400m race on a 6-lane track, the top six (6) seeds would be in the same heat, and the next six (6) best seeds would be in the same heat, and so on.
 - ii) Three heats on a 6-lane track will consist of the following seedings:
A 1 2 3 4 5 6
B 7 8 9 10 11 12
C 13 14 15 16
The heat order will be slowest to fastest.
- c) The lane order shall be determined as follows: Two (2) free draws shall be made to determine lane assignments. On an 8-lane track: the four (4) top seeds in a heat shall draw for placement in lanes 3, 4, 5 and 6; and the remaining four (4) seeds shall draw for placement in lanes 1, 2, 7 and 8. On a 6-lane track: the three (3) top seeds in a heat shall draw for placement in lanes 2, 3 and 4; and the remaining three (3) seeds shall draw for placement in lanes 1, 5 and 6.

7.8 Starting Rules

The false start rule is as follows: The first false start will be charged to the field. The second false start and subsequent false starts will be charged against the athlete(s) making a false start, and they will be disqualified. An athlete who does not use starting blocks must use a four point stance in the individual event races that begin and end in lanes - Sprint Hurdles; Intermediate Hurdles, 100m, 200m, 400m. In both relay events, the initial athlete who does not use starting blocks must use a four-point stance.

- 7.9** In Distance Field Events (long jump, triple jump, shot put, javelin, discus) ALL COMPETITORS are allowed three attempts with the best eight competitors being allowed an additional three attempts. For the final three throws or jumps, the competitors will compete in the reverse order. The top six places will be determined from all attempts.

7.10a For jumping events the starting heights shall be:

- a) boys high jump - Novice 1.45m; junior 1.50m; senior 1.65m
- b) girls high jump - Novice 1.25m; junior 1.30m; senior 1.35m
- c) boys pole vault - Novice 2.30m; junior 2.70m; senior 2.85m
- d) girls pole vault - Novice 1.60m; junior 1.60m; senior 1.85m

The WOSSAA Convenor (in consultation with the Field Referee) may adjust starting heights based on seed heights.

7.10b Height Increments (following IAAF procedures)

- a) high jump - up 5 cm at a time until only six competitors remain, then up by 3 cm.
- b) pole vault - up 15 cm at a time until only six competitors remain, then up by 10cm.

7.10c Field Event Timing

A two-minute rule will be used in Pole Vault, and a 1.5-minute rule in all other Field Events. The times may be restarted due to interruption of the starting pistol.

7.10d Conflict of Track & Field Events

- a) When a competitor has a track event and field event scheduled for the same time, then they must inform the chief official of the field event as soon as possible. The competitor must report to the track event upon the second call for that event.
- b) Vertical jumps have precedence over other field events. Athletes are asked to notify officials at both events if an athlete is in two (2) field events at the same time.
- c) In horizontal jumps and throws, if a competitor misses a round, they may receive only their attempt in the round of competition in progress at the time of return. This attempt may occur out of order.
- d) After the last competitor has completed their attempt, a round is deemed to be over.
- e) In vertical jumps, any missed trial(s) of a round will be recorded as a pass(s). If the crossbar has been raised, then it will not be lowered for returning athletes.

7.11 Students may only compete in ONE of the OPEN 4 x 400m relay events offered. The running order in Mixed Open 4 x 400m relay is male-female-male-female.

7.12 The WOSSAA Convenor shall assign each Conference with areas of responsibility for obtaining officials. Every attempt should be made to have qualified, knowledgeable officials at each event.

8.0 SCORING

8.1 On a six-lane track, points shall be awarded 10, 8, 6, 4, 2, 1. On an eight-lane track, points shall be awarded 10, 8, 6, 5, 4, 3, 2, 1.

8.2 All OFSAA sanctioned events will count points toward team scores with all open individual events counting to the competitor's division. All open team events count to the senior division.

8.3 Points earned by Para athletes will go to overall team points only and not assigned to age divisions.

8.4 Points earned by the Mixed Open division relay teams shall be awarded to the school in the Senior Division, split equally between the boys and girls.

8.5 School Champions will be declared in each classification. In boys division and girls division there will be an overall Boys Division School Champion and an overall Girls Division School Champion declared.

9.0 UNIFORMS

9.1 Uniforms as per the OFSAA T+F Playing Regulations.

9.2 All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colour and logo. No sport club insignia on uniforms or warm-up attire shall be permitted. Sponsorship or brand recognition is permitted to be visible but must conform with the placement guidelines outlined by OFSAA.

9.3 All competitors shall wear bib numbers on the front of their competition shirt. For high jump and pole vault, bib placement is at the discretion of the official.

9.4 The tops of all four relay competitors must be **identical**. The shorts of all four relay competitors should be the same colour.

10.0 AWARDS

10.1 Medals will be awarded for 1st, 2nd, and 3rd places and ribbons for 4th to 6th.

10.2 Plaques for division and team champions.

11.0 OFSAA REGIONAL ENTRY

The top five finishers in each event will qualify for the OFSAA West Regional meet, including relay teams (however, only one (1) relay team per school may advance). The OFSAA West Regional meet will be governed by the OFSAA Track and Field playing regulations. When WOSSAA hosts the OFSAA West Regional meet, on an 8-lane track, the top six (6) finishers in each event will qualify for the OFSAA West Regional meet.



APPENDIX A - WOSSAA TRACK & FIELD SCHEDULE (as of March 2026)

DAY 1

TRACK EVENTS		FIELD EVENTS	
9:30 AM	Open Girls 2000m Steeplechase (30") 1 heat - Timed Final	9:30 AM	Novice Girls Long Jump Senior Girls High Jump Novice Boys Shot Put Junior Boys Discus Junior Boys Pole Vault Senior Boys Javelin Senior Boys Triple Jump *Boys Para Shot Put (4kg)
9:50 AM	Novice Girls 80m hurdles (30") Heats Junior Girls 80m hurdles (30") Heats Senior Girls 100m hurdles (30") Heats		
10:05 AM	Novice Boys 100m hurdles (33") Heats Junior Boys 100m hurdles (36") Heats Senior Boys 110m hurdles (36") Heats		
10:30 AM	Open Boys 2000m Steeplechase (36") 1 heat - Timed Final		
10:45 AM	Novice Girls 400m Heats - Timed Finals Junior Girls 400m Heats - Timed Finals Senior Girls 400m Heats - Timed Finals Novice Boys 400m Heats - Timed Finals Junior Boys 400m Heats - Timed Finals Senior Boys 400m Heats - Timed Finals Wheelchair 400m	11:00 AM	Novice Girls Shot Put Novice Girls High Jump Junior Girls Discus Junior Girls Pole Vault Senior Girls Javelin Novice Boys Long Jump Junior Boys Triple Jump *Girls Para Shot Put (3kg)
11:45 AM	Novice Girls 100m Heats Junior Girls 100m Heats Senior Girls 100m Heats Novice Boys 100m Heats Junior Boys 100m Heats Senior Boys 100m Heats	Track Officials Break	
1:00 PM	Senior Boys 110m hurdles (36") Final Junior Boys 100m hurdles (33") Final Novice Boys 100m hurdles (33") Final Senior Girls 100m hurdles (30") Final Junior Girls 80m hurdles (30") Final Novice Girls 80m hurdles (30") Final	1:00 PM	Junior Girls Long Jump Senior Girls Triple Jump Novice Boys Javelin Novice Boys Pole Vault Junior Boys Shot Put Senior Boys Discus Senior Boys High Jump
1:40 PM	Novice Boys 1500m Final Junior Boys 1500m Final Senior Boys 1500m Final		
2:10 PM	*Ambulatory, Visually Impaired and Intellectual Disability Girls 100m Final *Ambulatory, Visually Impaired and Intellectual Disability Boys 100m Final Novice Girls 100m Final Junior Girls 100m Final Senior Girls 100m Final Novice Boys 100m Final Junior Boys 100m Final Senior Boys 100m Final		
2:45 PM	Novice Girls 1500m Final Junior Girls 1500m Final Senior Girls 1500m Final		
3:15 PM	Novice Girls 4x100m Heats - Timed Finals Junior Girls 4x100m Heats - Timed Finals Senior Girls 4x100m Heats - Timed Finals Novice Boys 4x100m Heats - Timed Finals Junior Boys 4x100m Heats - Timed Finals Senior Boys 4x100m Heats - Timed Finals		



APPENDIX A - WOSSAA TRACK & FIELD SCHEDULE (as of March 2026)

DAY 2

TRACK EVENTS		FIELD EVENTS	
9:30 AM	Senior Boys 400m Hurdles (36") Heats - Timed Finals Junior Boys 300m Hurdles (33") Heats - Timed Finals Novice Boys 300m Hurdles (33") Heats - Timed Finals Novice Girls 300m Hurdles (30") Heats - Timed Finals Junior Girls 300m Hurdles (30") Heats - Timed Finals Senior Girls 400m Hurdles (30") Heats - Timed Finals	9:30 AM	Novice Girls Javelin Junior Girls Shot Put Junior Girls Triple Jump Senior Girls Discus Senior Girls Pole Vault Novice Boys High Jump Junior Boys Long Jump
10:15 AM	Senior Girls 3000m Final Senior Boys 3000m Final		
10:45 AM	Novice Girls 200m Heats Junior Girls 200m Heats Senior Girls 200m Heats Novice Boys 200m Heats Junior Boys 200m Heats Senior Boys 200m Heats	11:00 AM	Novice Girls Triple Jump Senior Girls Long Jump Novice Boys Discus Junior Boys Javelin Junior Boys High Jump Senior Boys Shot Put Senior Boys Pole Vault
11:30 AM	*Visually Impaired Girls 800m Final *Ambulatory Girls 800m Final *Intellectual Disability Girls 800m Final Novice Girls 800m Heats - Timed Finals Junior Girls 800m Heats - Timed Finals Senior Girls 800m Heats - Timed Finals *Visually Impaired Boys 800m Final *Ambulatory Boys 800m Final *Intellectual Disability Boys 800m Final Novice Boys 800m Heats - Timed Finals Junior Boys 800m Heats - Timed Finals Senior Boys 800m Heats - Timed Finals		
Track Officials Break			
1:00 PM	Novice Girls 200m Final Junior Girls 200m Final Senior Girls 200m Final *Wheelchair Girls 200m Final Novice Boys 200m Final Junior Boys 200m Final Senior Boys 200m Final Wheelchair Boys 200m Final	1:00 PM	Novice Girls Discus Novice Girls Pole Vault Junior Girls Javelin Junior Girls High Jump Senior Girls Shot Put Novice Boys Triple Jump Senior Boys Long Jump
1:30 PM	Junior Girls 3000m Final Junior Boys 3000m Final Novice Girls 3000m Final Novice Boys 3000m Final		
2:30 PM	Open Mixed 4x400m Relay Heats - Timed Finals Open Girls 4x400m Relay Heats - Timed Finals Open Boys 4x400m Relay Heats - Timed Finals		